



HEALTH AND WELLBEING BOARD – 5TH DECEMBER 2024

REPORT OF DIRECTOR OF PUBLIC HEALTH

JOINT LOCAL HEALTH AND WELLBEING STRATEGY PROGRESS UPDATE FOR THE MENTAL HEALTH SUBGROUP

Purpose of report

1. The purpose of this report is to provide the Health and Wellbeing Board (HWB) with a progress update on the Mental Health (MH) Joint Local Health and Wellbeing Strategy (JLHWS) priority areas. The report also includes progress made against the recommendations highlighted at the December 2023 development session and from the Joint Strategic Needs Assessments (JSNAs) on mental health.

Recommendation

2. The HWB are requested to:
 - a. Note the progress underway, including actions relating to the December 2023 development;
 - b. Support the ongoing activity to deliver these actions.

Policy Framework and Previous Decision

3. The Leicestershire HWB Mental Health subgroup was established in February 2023. As well as being a HWB sub-group, the group also acts as the place-based group for the Leicester, Leicestershire and Rutland (LLR) Mental Health Collaborative.
4. The Mental Health subgroup is now well established, with representation from a range of partners including Leicestershire County Council, NHS Leicestershire Partnership Trust (LPT), Integrated Care Board (ICB), the voluntary and community sector, and the districts and boroughs.

Background

5. Good mental health and wellbeing is an important part of our overall health, and the impacts of poor mental health and wellbeing are wide reaching. Mental health impacts on our emotional, psychological, and social well-being, and affects how people think, feel, and act. It also helps determine how individuals handle stress, relate to others, and make choices.
6. The mental health and wellbeing of the population is linked to and affected by a number of factors. These factors are associated with reduced life expectancy and healthy life expectancy and can include:
 - a. income deprivation,
 - b. prevalence of common mental disorders,
 - c. domestic abuse,
 - d. self-harm,
 - e. physical illnesses,
 - f. drug and alcohol misuse,
 - g. smoking,
 - h. obesity levels and homelessness.
7. The priority areas of the Mental Health subgroup are largely driven by the JLHWS commitments, along with the Mental Health JSNAs for both Children and Young People (CYP), and adults.
8. A HWB development session, themed specifically on mental health, was held in December 2023 and generated a number of recommendations for further action.
9. Further details relating to progress in relation to priority areas and recommendations from the development session are provided below:

Development and implementation of a place based mental health plan

10. Linked with the work of the subgroup, a mental health and wellbeing plan is being developed around existing and emerging priorities based on a life course approach. It also includes addressing the wider determinants of health that impact on mental health and wellbeing, such as employment and housing.

Focus will be on:

- Resilience building
- Prevention
- Early Help

Elements of the plan include:

- Children and Young People (CYP) – Supporting and enhancing the CYP offer around mental health and wellbeing including prevention
- Transition to adults for people with mental health needs including those who don't have an education and health care plan (EHCP)

- Serious Mental Illness – Improving health check uptake and follow up support for people with SMI.
- Serious Mental Illness – Improve breast cancer screening uptake in people with SMI
- People with mental health issues experiencing severe and multiple disadvantage (SMD) linked to trauma, homelessness and substance misuse
- Addressing wider social determinants which impact negatively on mental health such as employment and housing.
- Consideration of learning from the gambling related harms needs assessment findings
- Suicide Prevention – through supporting the work of the LLR Suicide Audit and Prevention Group (SAPG) and strategy re-fresh
- Dementia – raising awareness of the role of prevention; and improving dementia diagnosis rates

Examples of existing work contributing to this plan includes the following:	
Mentally Friendly Places	LLR Self Harm Service
LLR Tomorrow Project Suicide Bereavement Service	Emergency Department Leicester Royal Infirmary (LRI) Self Harm Project
Making Every Contact Count (MECC) Training	Start a Conversation – Suicide Prevention website
Mental Health Work with neighbourhoods and districts	Voluntary and Community Sector prevention and resilience grant funding
Serious Mental Illness (SMI) – inequalities project to improve breast screening uptake in people with SMI	LLR Dementia Strategy – supporting development of county plan including improving diagnosis rates

Further information relating to specific priorities is detailed below.

Continue focusing on maintaining low rates of suicide and impact of suicide

11. Currently, this involves delivery of the LLR Suicide prevention Strategy under the leadership of the LLR Suicide Audit Prevention Group (SAPG). Work includes delivery against 9 key priority areas through appropriate sub-groups which have developed or have oversight of ongoing initiatives aimed at meeting the Suicide Prevention Strategy objectives. In particular, these key priority areas are:
 - a) Target support at key High-Risk Groups and at High-Risk Settings
 - b) Protect people with a history of self-harm
 - c) Preventing suicide in public places
 - d) Support Primary Care to Prevent Suicide
 - e) Engage with Private Sector to Enhance Their Efforts to Prevent Suicide
 - f) Support Provision of Enhanced Suicide Awareness Training
 - g) Better use of media to manage messages about suicide
 - h) Raise awareness with better data and better use of data

- i) Provide a coordinated mental wellbeing approach to COVID-19
12. Work is underway to coordinate and lead on the LLR Suicide Prevention Strategy re-fresh (currently out for consultation), to make sure it continues to reflect population needs and is in line with best practice.
13. Through the engagement of the subgroup, including the wider LLR mental health collaborative, greater energy and focus is enabling more effective and efficient delivery in relation to some of the above areas.
- These include:
- i. Continuation of the LLR Self Harm service;
 - ii. Rolling out of Mental health friendly places across the county;
 - iii. Provision of more detailed real time suspected surveillance data from Leicestershire Police;
 - iv. Establishment of procedures at 'high risk' locations, involving Leicestershire County Council Highways and Transport colleagues;
 - v. Neighbourhood mental health district council and ICB leads at a neighbourhood level.

Continue supporting the system work on children and young people's emotional health and wellbeing

14. Led by the ICB, work is taking place with partners across the system to put in place help and support for CYP around mental health and wellbeing. These range from early help and interventions to more specialist CAMHs support. Part of the role of the subgroup will be to help to establish this model of working which relies on CYP accessing the relevant type and level of support to meet their needs. Further work is also needed to build on support for CYP beyond the 'service pathway' with a focus on prevention and resilience building.
15. To aid in addressing this priority, the CYP Mental Health and Emotional Well Being Delivery Group provides oversight of initiatives being implemented, which includes receiving performance reports of healthcare services which impact on CYP. The sub-group plays a role in 'watching' this work developing to seek assurance that progress is being made but also in seeking ways to 'do' more to support the work underway.
16. A number of initiatives, based on recommendations from the CYP JSNA, to improve mental health, wellbeing and resilience in school aged children, are being implemented in Leicestershire. This has been enabled through public health funding into Leicestershire County Council Children and Families Services.
17. ICB colleagues are also leading work to support CYP through the transition from CYP to adult services, recognising that this transition point is a very vulnerable stage for many young people engaged with mental health services.

Continue listening and responding to the Leicestershire population in the 'Step up to Great Mental Health' consultation

18. In Leicestershire, Step up to Great Mental Health aims to transform mental health services. It has been developed through effective collaborative efforts between the local authority, healthcare staff, service users, carers and partners with an interest in mental health, including GPs and social workers. More specifically, Step up to Great Mental Health aims to continue the collaboration between service providers and commissioning partners. This is in regard to both mental and physical health and wider social services, with the goal of improving the mental health and wellbeing of the Leicestershire population.
19. The creation of 7 neighbourhood mental health leads is a good example of where this has impacted locally. Based within each district and borough across the County, the aim of the posts is to work towards helping to ensure both support and services, to address mental health and wellbeing, are tailored to meet the needs of local people and their communities.
20. A key aspect of addressing mental health issues has been to ensure that people in communities are signposted to timely help and support which meet their mental health and emotional wellbeing needs.
21. Mental health neighbourhood posts, VCS, district council colleagues and local area co-ordinators (LACs) have been instrumental in helping to map out and raise awareness of the many offers of emotional wellbeing and mental health support in our local neighbourhoods. This has been further facilitated by the adoption of the 'Joy app' social prescribing platform. These opportunities reflect the importance of the contribution of 'connecting socially' to emotional wellbeing. This is alongside providing offers of help around the social determinants of health, such as housing and cost of living, as well as access to NHS mental health services.

To support key recommendations of the Dementia JSNA Chapter and LLR Dementia Strategy

22. The Leicestershire JSNA chapter for Dementia generated a number of recommendations including increase dementia diagnosis rates in the county to meet the NHSE target of 67%; and ensure that clear links are made between the benefits of healthy lifestyle and dementia prevention.
23. Particular focus is being made to ensure that lifestyle programmes and strategies incorporate and address the link between healthy lifestyles and dementia prevention.

24. Work being led by ICB colleagues, has focussed on improving dementia diagnosis rates including understanding areas where diagnosis rates are poorer across the county and looking to improve these through a variety of interventions.

Supporting People with SMI

25. It is well evidenced that people with Serious Mental Illness (SMI) tend to die prematurely compared to those who don't have SMI. This issue was highlighted in the Leicestershire County Council Adults Mental Health JSNA and in the Health Inequalities JSNA.
26. Whilst LLR overall has been effective in improving uptake of annual health checks in people with SMI, there is still more work that needs to be done in the county.
27. Led by health colleagues, work is being undertaken to improve SMI health check uptake rates. Identifying barriers to accessing these checks and making sure more people are able to obtain follow up help and support, is a health inequality that is important to address.
28. The adult mental health JSNA has also flagged up concerns around people with SMI having higher mortality rates linked with cancer, possibly associated with low rates of screening uptake in areas such as breast cancer screening. As a result, work is underway to identify barriers and facilitators to screening with this group to inform future service delivery.

Prevention and Resilience

29. There is a wealth of international evidence showing that the provision of locally accessible, high quality mental health care and prevention is one of the most effective ways of reducing health inequalities. Initiatives must be designed to improve community mental health care, prevent exacerbation of poor mental health, and maintain and improve good quality mental health.
30. The Leicestershire County Council Public Health Team received and managed the allocation of NHS funding to enable and support organisations in Leicestershire to deliver neighbourhood-based projects, services and activities to help target and provide local mental health prevention and resilience activities for people aged 18 plus. 14 organisations have been awarded funding totalling £725,000.

Development session recommendations update

31. A HWB Development session themed on mental health was held in December 2023 with relevant key partners across health, the public and voluntary community sector. The aim of the session was to understand the challenges being faced across system partners and identify future areas of focus to be

incorporated into the work of the Mental Health group over the next 12 months. These included:

- Identifying and understanding opportunities for proactive early intervention.
- Making sure we routinely focus on the person's perspective ('customer journey').
- Consistent information in place across the whole system communicated in a way that people/residents understand.

Progress to date includes:

- Working closely with the VCS through VCS engagement group and LLR VCS network to help understand issues from the user perspective.
- As part of LLR suicide prevention strategy refresh, engagement of members of the suicide prevention Lived experience network (LEN) throughout the development of the draft strategy.
- Working with CYP mental health commissioners and providers to support implementation of a range of pathways and support appropriate to differing levels of need.
- Through identification of shared priorities, taking forward some areas of work jointly e.g. SMI Breast screening project.
- Through working in collaboration with partner organisations, supporting roll out of social platform 'Joy' app to enable better awareness and communication regarding services and pathways of access.

Consultation/Patient and Public Involvement

32. User engagement is in place in relation to many aspects of the programme area covered by the sub-group but not in relation to this document.

Officer to contact

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Relevant Impact Assessments

Equality Implications

33. None arising from this report. Individual service or policy changes that result from the work of the Mental Health group will complete Equality and Human Rights Impact Assessments as appropriate.

Human Rights Implications

34. There are no human rights implications arising from the recommendations in this report.

Health Implications

35. None arising from this progress report.

Partnership Working and associated issues

36. The work of the mental health group has been developed through extensive partnership working.